

Ballard Pool

STAFF

Karl Fields
Angela Eddy
Jyunko Samson
Bill Hudson
Scott Ferry
Gail Bailey
Kathie Huus

Tom Ostrom Christopher Williams

Coordinator

Co-Asst. Coordinator

OOC Co-Asst. Coordinator

Pool Operator Sr. Lifeguard PPT Cashier

NW Sector Manager

Sr. Recreation Progam Coordinator

Operation Division Director

Hours of Operation

Fall 2003

Mon. - Fri. 6:00am - 7:30am Mon. - Thurs. 12:00 - 9:30pm Friday 12:00 - 8:00pm Sunday 11:00am - 7:00pm

Budget Closure Info

Each of Seattle Parks and Recreation's eight indoor swimming pools will close for one week beginning in 2003 due to City of Seattle budget cuts. In 2003 the one-week closure will, through savings in staff and utility costs, help the Department

absorb a \$5 million budget cut.

We will be unable to provide pool services during a pool's closure, including recreation swimming, competitive swim practices, rental and public school use. Intermittent pool staff will not be scheduled for work. Regular permanent staff will be relocated to vacancies within the Parks system or may take earned vacation time.

We have made every effort to schedule the "budget closure" for each pool at a low-use period of the year, when outdoor pools are open, or following an already planned preventative maintenance closure. The closures are staggered throughout the year so that swimmers can always find alternate locations.

Ballard Pool's Budget Closure Sept. 1-7, 2003

Other helpful phone numbers

Ballard Community Center 684-4093 6020 28th Ave. NW
Loyal Heights Community Center 684-4052 2101 NW 77th St.
Woodland Park Zoo 684-4800 5500 Phinney Ave N
Aquarium 386-4320 1483 Alaskan Way, Pier 59

Swimming Pools

Evans Pool	684-4961
7201 E. Green Lake Dr. N	
Madison Pool	684-4979
13401 Meridian Ave. N.	
Meadowbrook Pool	684-4989
10515 35th Ave NE	
Medgar Evers Pool	684-4766
500 23rd Ave	
Queen Anne Pool	386-4282
1920 1st Ave	
Rainer Beach Pool	386-1944
8825 Rainier Ave	
Southwest	684-7440
2801 SW Thistle	

Table of Contents

General Information	3
-ees	3
Closures	3
Fall Swim Schedule	4
Rec & Fitness Swim Descriptions	5
_esson Dates	6
How to Register for Lessons	6
_esson Descriptions	7
Swim Lessons at a Glance	7
Special Events	8
Pool Rental Information	8

FALL 2003

PAGE 2



Ceneral Information

Department Mission Statement:

Seattle Parks and Recreation provides safe, healthy, and welcoming opportunities for people to come together to play, grow, build strong communities, and promote stewards of the environment.

2003 FEES

Individual Fees		Punch Cards
Under 1 year	Free	Recreation:
Youth (1-18)	\$2.25	\$20 for a \$22/value
Adult (19-64)	\$3.25	
Senior (65+)	\$2.25	
Spec. Pops	\$2.25	Fitness:
Slide	\$1	\$30 for a \$33/value

Universal Gym \$1 Shower Only \$2 Towel Rental \$0.50

Water Exercise, Hydrofit & Aqua Jogging:

Adults	\$3.75
Sr., Spec. Pops	\$2.50

30 Day Pass

Adult F.A.S.T. Pass	\$45
Senior F.A.S.T. Pass	\$35

Merchandise

Swim Diapers	\$1.50
Latex Caps	\$2.75
Silicone Caps	\$6.50
Bubble Caps	\$6.50
Classic/Animal Goggles	\$5
Anti-Fog Goggles	\$10
Force Gloves	\$15
Ear Plugs	\$5.50
Shampoo/Conditioner/	\$6 each
O 'ssi santMart	

Swimwear Wash

Fees and Charges:

Parks and Recreation fees and charges are necessary to provide financial support to the Seattle Parks and Recreation for the operating costs of programs, facilities and grounds. The revenue generated by these fees constitutes only a portion of funds required for operating and maintaining the Parks system. All fees collected from parks and recreation activities and concessions are used exclusively for the Parks System as these funds are deposited in the Parks and Recreation Fund, not the City General Fund.

Credit Cards Accepted:

If you would like to pay for a class with a credit card, please drop by the pool office. Visa, MasterCard, and American Express are welcome.

Taxes:

Class and program fees listed in this brochure include sales tax where applicable in accord with current provisions of the state legislature of Washington.

Aquatic Mission Statement:

To offer Aquatic opportunities for fun, learning, fitness, skill development, and physical rehabilitation in a safe, clean, friendly environment.

Nondiscrimination Policy:

As a matter of policy, law and commitment, the Seattle Department of Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap. (Seattle Municipal Code 18.12.280).

ADA Compliance:

Reasonable accommodation will be made, upon request, for persons with disabilities. Ballard Pool is wheel chair accessible and is equipped with a mechanical lift to provide assistance for those who need help getting in and out of the water. A family changing room is available for families or for those who need assistance from someone of the opposite gender. For sign language interpretation, auxiliary aids or other accommodation, call V/TDD 684-4950.

Refund Policy:

It is the policy of the Seattle Department of Parks and Recreation and the Associated Recreation Council to make a full refund to participants who register for a program that is cancelled by the Department or Advisory Council for any reason. If a participant drops a class or program for which he or she is registered prior to the second session of a series, the pro-rated class fee plus a service charge of \$5 or 10% of the fee, whichever is greater, will be retained. This service charge is to offset the Department or Advisory Council cost in handling the refund. If a participant drops a class or program after the second session of a series, no refund will be given. Occasionally, no refund or credit is available for a specific program or service, which may include deposits for registration or rentals. Information on any specific exceptions is available from recreation staff prior to payment or purchase.

Scholarships:

Seattle Parks and Recreation encourages participation by low-income City of Seattle residents. Scholarships or low income rates are available for some youth instructional programs. Scholarships are limited to specific programs and are granted based on financial need. Information needs to be updated every six months. For further information, please call us at 206-684-4094.

Ballard Pool will be closed for the following

Fall Holidays

Mon., Sept. 1

Tues., Nov. 11

Thurs. & Fri., Nov. 27-28 Thurs., Dec. 25

Thurs., Jan. 1

Labor Day

(during pool closure)

Veterans' Day Thanksgiving

Christmas Day

New Years Day

PAGE 3 2003

Daily Swim Schedule

September 8 - December 31, 2003

Monday & Wednesday

-	_
6:00 - 7:30am*	Early Morning Lap Swim
12:00 - 1:15pm	Adult & Senior Swim
1:15 - 2:15pm	Water Exercise
2:30 - 4:00pm	Seattle Public Schools - BHS
4:00 - 6:00pm	Salmon Bay Aquatics
·	(until 5:00pm on Wed.)
5:00 - 6:00pm	Public Swim (Wed. Only)
6:00 - 6:30pm	Kinder Swim Lessons
6:30 - 7:00pm	Youth & 3 yr. Old Swim Lessons
7:00 - 7:30pm	Kinder Lessons (Mon. Only)
7:00 - 7:30pm	Youth Lessons (Wed. Only)
7:30 - 8:00pm	Adult & Private Lessons
·	Pre-Competitive (drop-in)
8:00 - 9:30pm	Adult & Senior Swim

Friday

6:00 - 7:30am*	Early Morning Lap Swim
12:00 - 1:15pm	Adult & Senior Swim
1:15 - 2:15pm	Water Exercise
2:30 - 4:00pm	Seattle Public Schools - BHS
4:00 - 5:30pm	Salmon Bay Aquatics
5:30 - 6:30pm	Lap Swim
6:30 - 8:00pm	Public Swim

Saturday (Lessons Only)

	, , , , , , , , , , , , , , , , , , ,
11:00 - 11:30am	Kinder Swim Lessons
11:30am - 12:00pm	Youth Swim Lessons
12:00 - 12:30pm	Adv. Youth, Pre-Competitive
	(Drop-In), and 3yr. old Lessons
12:30 - 1:00pm	Private Lessons

*Private Rentals are available on Saturdays (see pg. 8)

Tuesday & Thursday

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6:00 - 7:30am*	Early Morning Lap Swim
12:00 - 1:15pm	Adult & Senior Swim
1:15 - 2:15pm**	Aqua Jogging
1:15 - 1:45pm	Day Care Lessons (Tues. Only)
1:15 - 1:45pm	Tot Lessons (Thurs. Only)
1:45 - 2:15pm	Kinder Swim Lessons
2:30 - 4:00pm	Seattle Public Schools - BHS
4:00 - 5:30pm	Salmon Bay Aquatics
5:30 - 6:00pm	Kinder Swim Lessons
6:00 - 6:30pm	Youth Swim Lessons
6:30 - 7:00pm	Kinder Swim Lessons
7:00 - 7:30pm	Tot Lessons (Tu OR Th)
7:00 - 7:30pm	Adv. Youth Lessons
7:30 - 8:30pm	Family Swim (Tues. Only)
7:30 - 8:30pm	Lap Swim (Thurs. Only)
8:30 - 9:30pm	Water Exercise & Hydrofit

Sunday

11:00am - 1:00pm	4-Lane Lap Swim
1:00 - 2:00pm	Water Exercise & Hydrofit
2:00 - 3:00pm	Public Swim
3:00 - 3:30pm	Tot & Private Lessons
3:30 - 4:00pm	Kinder & 3 Yr. Old Lessons
4:00 - 4:30pm	Youth Swim Lessons &
	Private Lessons
4:30 - 5:30pm	Family Swim
5:30 - 7:00pm	Adult & Senior Swim

Lifequard Training Challenge

Mon. & Tues.
December 29 & 30, 2003
9:00am - 1:00pm
Fee: \$35

*Admission to Early Morning Lap Swim is by Recreation Swim Card Only. **Program cancelled Tues. Dec. 23 & 30, 2003 due to winter break public swims.

The Lifeguard Challenge Course is not a complete Lifeguarding Class. Participants are fully responsible for practicing the water skills and studying for the written portion of the class before this begins. Books and masks can be purchased at the American Red Cross. During the challenge, participants will have one opportunity to perform the necessary CPR/FPR and water skills correctly. A written test is also administered. Individuals who do not posess a current American Red Cross Lifeguard Training and CPR/FPR certificate may participate in a Lifeguard Training challenge course once. Upon successful completion of this Challenge course, participants will receive an American Red Cross Lifeguard and CPR/FPR certification. Call for information and to sign up.

FALL

2003 PAGE 4

Recreation & Fitness

Swim Descriptions for Fall 2003

Adult & Senior Swim

Adults & Seniors

Three (3) lap lanes in the afternoon and four (4) lap lanes in the evening are provided for swimmers interested in conditioning. Open area available for non-lap swimming activities.

Mon. - Fri. 12:00 - 1:15pm Mon. & Wed. 8:00 - 9:30pm Sun. 5:30 - 7:00pm

Lap Swim

All six (6) lanes are provided for lap swimming. Two are designated easy, medium, one fast and another very fast. Please follow the lap courtesy rules provided in the pool deck area. *Swim card is needed for entry to the Early Morning Lap Swim.

Mon. - Fri. 6:00 - 7:30am* Thurs. 7:30 - 8:30pm Fri. 5:30 - 6:30pm

Sun. 11:00am - 1:00pm (4 lanes only)

Family Swim

Children & Adults

Children must be accompanied by an adult (age 18+) family member in the water. One adult to a maximum of 6 youths ratio. One adult to one child ratio if under 4 ft. Good time to bring young children. Small float toys are allowed.

Tues. 7:30 - 8:30pm Sun. 4:30 - 5:30pm

Shower Only

You may take just a shower at the Ballard Pool for \$2. Our family changing rooms are reserved for this purpose. The family changing rooms are available during our open hours with the exception of peak lesson times (see below).

Shower Only is NOT AVAILABLE:

 Sun.
 3:00 - 4:30pm

 Mon. & Wed.
 6:00 - 8:00pm

 Tues. & Thurs.
 5:30 - 7:30pm

 Sat.
 All Day

COMMUNITY CPR FIRST Aid

Learn Red Cross Adult, Child & Infant CPR, plus basic first aid. Written tests will be administered. Upon successful completion, American Red Cross Certification Cards will be issued. A minimum of six participants are needed to run the class.

Saturday, October 18, 2003 8:30am - 5:30pm Fee: \$35 + Books

Registration begins Mon. Sept. 8 at 6:00pm.

Public Swim

Everyone

Children must meet the minimum height requirement of four (4) feet tall or be accompanied in the pool by an adult on a one to one ratio.

 Wed.
 5:00 - 6:00pm

 Fri.
 6:30 - 8:00pm

 Sun.
 2:00 - 3:00pm

Additional Public Swims - Winter Break

Tues., Dec. 23 & 30, 2003 from 1:30 - 2:50pm

Water Exercise

Drop in class

This one-hour program is designed to tone up muscles and stay fit. Emphasis on flexibility and range of motion. This class is taught in the shallow end of the pool.

M, W, & F 1:15 - 2:15pm Tues. & Thurs. 8:30 - 9:30pm Sun. 1:00 - 2:00pm

Hydrofit

Drop in class

This exercise program is a deep-water class using flotation equipment for increased resistance. Great for toning and strengthening.

Tues. & Thurs. 8:30 - 9:30pm Sun. 1:00 - 2:00pm

Aqua Jogging

Drop in class

A great workout in deep water with no impact. All participants wear a float belt for alignment and flotation support.

Tues. & Thurs. 1:15 - 2:15pm Class cancelled Dec. 23 & 30, 2003



(see page 8 for more details)

FLOAT TESTS REQUIRE PHOTO ID AND CAN BE DONE AT ANY PUBLIC OR FAMILY SWIM

PAGE 5 2003

\$ REGISTRATION

	Lessons Fall 2003		New Participant Registration		
	Dates	# Lessons	Fee	Date	Time
Mon. & Wed	d. Classes (*no class N	ov. 24 and 26)			
Session I	Sept. 15 - Oct. 20	11	\$44	Tues., Sept 9	6:00pm
Session II	Oct. 27 - Dec. 10*	12	\$48	Wed., Oct. 22	6:00pm
Tues. & Thu	ırs. Classes (*no class	Nov. 11, 25, and	27)		
Session I	Sept. 16 - Oct. 21	11	\$44	Tues., Sept 9	6:00pm
Session II	Oct. 28 - Dec. 11*	11	\$44	Wed., Oct. 22	6:00pm
Monday On	ly Classes (*no class N	lov. 24)			
Session I	Sept. 15 - Dec. 8*	12	\$48	Tues., Sept 9	6:00pm
Tuesday Or	nly Classes (*no class	Nov. 11 and 25)			
Session I	Sept. 16 - Dec. 9*	11	\$44	Tues., Sept 9	6:00pm
Wednesday	Only Classes (*no cla	ass Oct. 22 and N	lov. 26)		
Session I	Sept. 17 - Dec. 10*	11	\$44	Tues., Sept 9	6:00pm
Thursday C	nly Classes (*no class	Oct. 23 and Nov	<i>.</i> 27)		
Session I	Sept. 18 - Dec. 11*	11	\$44	Tues., Sept 9	6:00pm
Saturday Only Classes (*no class Nov. 29)					
Session I	Sept. 20 - Dec. 13*	12	\$48	Tues., Sept 9	6:00pm
Sunday Only Classes (*no class Nov. 30)					
Session I	Sept. 21 - Dec. 14*	12	\$48	Tues., Sept 9	6:00pm

- How to Register for Swimming Lessons

 1) If you are currently in Ballard Pool swimming lessons, sign up for the new session during the last night of your current class.

 2) If you would like to be a new participant in swimming lessons at Ballard Pool, please come to our Open Registration, dates noted under "Fall Lesson Dates and Registration". Note "New Participant Registration"
- 3) Pre-Tests are required before registration to determine what level of Kinder or Youth classes to sign up for. You may take a pre-test free of charge during any of our public or family swims. (Times and Dates on pg. 5.)
- 4) Ballard Pool registration system is done on a "lottery basis". You will stand in line according to the number you draw. Payment is required at the time of registration.
- 5) A minimum of 4 students is required for all youth swimming classes. Programs may be combined or cancelled if a minimum enrollment is not met.

In the event that classes are full, a waiting list for the current session will be made. New classes added according to pool space and instructor availability.

How current participants register if you would like to transfer to another day:

You may register if spots are available after the end of the lesson block on the last night of the current session: Mon./Wed. after 8:00pm | Tues./Thurs. after 7:30pm | Sat. after 11:00am the following Sunday | Sun. after 4:30pm If there are spots available, you may transfer.

Who is a Transfer Participant?

Changing day/time of class (switching nights) | Tots moving into 3's class | Tots moving into K1 class | 3's moving into K1 class | L5's moving into L6/7 class | Any supervisor approved exceptions based on special circumstances

PAGE 6

Lesson Description

Tot Lessons 6 months thru 3 years

This is a water adjustment class for infants and toddlers. Parents accompany their children into the water for enjoyment, fun, and education into the aquatic experience of Ballard Pool. Swim diapers required.

Sun. 3:00 - 3:30pm Tues. OR Thurs. 7:00 - 7:30pm Thurs. 1:15 - 1:45pm

Three Year Old Lessons 3 years

A small class of (3) three years olds. Designed to prepare them to enter Kinder Swim Lessons. Must have completed the Tots class. Total session price is in parenthesis, \$6/class. (Once a child is 4 years old they need to register for K1 on an availability basis.)

Sun. 3:30 - 4:00pm (\$72) Mon. OR Wed. 6:30 - 7:00pm (\$72/\$66) Sat. 12:00 - 12:30pm (\$72)

Kinder Lessons 4 - 6 years

Designed to teach the basic skills of swimming and water safety. Children learn mostly by imitation and by responding to certain stimuli. Swim lessons meant to be fun and educational.

 Sun.
 3:30 - 4:00pm K1, K2, K3, K4

 Mon. & Wed.
 6:00 - 6:30pm K1, K2, K3, K4

 Mon.
 7:00 - 7:30pm K1, K2, K3, K4

 Tues. & Thurs.
 1:45 - 2:15pm K1, K2

 5:30 - 6:00pm K1, K2, K3, K4

 6:30 - 7:00pm K1, K2, K3, K4

 11:00 - 11:30am K1, K2, K3, K4

Youth Lessons 7 - 14 years

American Red Cross format. A series of classes Levels 1 - 7. New participants must be "pre-tested" to establish what level to attend. Please see "How to Register" on page 6.

Sun. 4:00 - 4:30pm L1/2, L3, L4, L5 Mon. & Wed. 6:30 - 7:00pm L1/2, L3, L4, L5

7:30 - 8:00pm L6/7

Wed. 7:00 - 7:30 pm L1/2, L3, L4, L5 Tues. & Thurs. 6:00 - 6:30 pm L1/2, L3, L4, L5

7:00 - 7:30pm *L6, L7*

Sat. 11:30am - 12:00pm *L1/2, L3, L4, L5* 12:00 - 12:30pm *L6/7*

Adult Lessons Adults Only

From beginner to advanced skills. Classes tailored to meet individual needs.

Mon. & Wed. 7:30 - 8:00 pm

Pre-Competition *Drop In*

For youths Level 6 or above. Learn advance swim stroke techniques, turns, and racing starts.

\$4 per class

Mon. & Wed. 7:30 - 8:00pm Sat. 12:00 - 12:30pm

Special Population Lessons

Call 684-4094 for info

Small individualized or main stream classes for patrons with special needs.

Private Lessons All Ages

Personalized attention for faster progress. \$22/half hour, or \$32/half hour for semi-private lessons. Registration is required. No refunds.

Sun. 3:00 - 3:30pm 4:00 - 4:30pm Mon. OR Wed. 7:30 - 8:00pm Tues. OR Thurs. 6:00 - 6:30pm Sat. 12:30 - 1:00pm

Swim Lessons at a Glance

K1	Mon.	7:00pm
	Mon. & Wed.	6:00 - 6:30pm
	Tuge & Thure	1.45 - 2.15nm 5

K2

Tues. & Thurs. 1:45 - 2:15pm, 5:30 - 6:00pm, 6:30 - 7:00pm

Sat. 11:00 - 11:30pm Sun. 3:30 - 4:00pm Mon. 7:00pm Mon. & Wed. 6:00 - 6:30pm

Tues. & Thurs. 1:45 - 2:15pm, 5:30 - 6:00pm,

6:30 - 7:00pm
Sat. 11:00 - 11:30pm
Sun. 3:30 - 4:00pm
K3 Mon. 7:00pm
Mon. & Wed. 6:00 - 6:30pm

Tues. & Thurs. 5:30 - 6:00pm, 6:30 - 7:00pm

Sat. 11:00 - 11:30pm Sun. 3:30 - 4:00pm K4 Mon. 7:00pm Mon. & Wed. 6:00 - 6:30pm

Tues. & Thurs. 5:30 - 6:00pm, 6:30 - 7:00pm

Sat. 11:00 - 11:30pm Sun. 3:30 - 4:00pm

L1/2	Mon. & Wed.	6:30 - 7:00pm
	Wed.	7:00 - 7:30pm
	Tues. & Thurs.	6:00 - 6:30pm
	Sat.	11:30 - 12:00pm
	Sun.	4:00 - 4:30pm
L3	Mon. & Wed.	6:30 - 7:00pm
	Wed.	7:00 - 7:30pm
	Tues. & Thurs.	6:00 - 6:30pm
	Sat.	11:30 - 12:00pm
	Sun.	4:00 - 4:30pm
L4	Mon. & Wed.	6:30 - 7:00pm
	Wed.	7:00 - 7:30pm
	Tues, & Thurs,	6:00 - 6:30pm
	Sat.	11:30 - 12:00pm
	Sun.	4:00 - 4:30pm
L5	Mon. & Wed.	6:30 - 7:00pm
	Wed.	7:00 - 7:30pm
	Tues, & Thurs.	6:00 - 6:30pm
	Sat.	11:30 - 12:00pm
	Sun.	4:00 - 4:30pm
L6	Tues. & Thurs.	7:00 - 7:30pm
L7	Tues. & Thurs.	7:00 - 7:30pm
L6/7	Mon. & Wed.	7:30 - 8:00pm
_0, .	Sat.	12:00 - 12:30pm

FALL

Special Events at the Ballard Pool

Family Fall Fest

Sunday, November 30, 2003 3:30 - 5:30pm

This is your chance for that extended family swim time you've always wanted. Tot races, games & songs, parent rope swing contest, prizes & snacks.

Come for the family fun of it.

Regular admission prices.

Fall Health & Fitness Day

Friday, October 3, 2003 12:30 - 3:00pm

Come join in the healthy festivities:

- **Swimming** 12:00 1:15pm
- Water Exercise 1:15 2:15pm
- Potluck 12:30 3:00pm please bring a healthy dish to share
- **■** Free Mini Massages
- Free Blood Pressure Checks
- **■** Free Spinal Exams
- **■** Free Acupuncture

Fundraiser Opportunity

Dear Ballard Pool Patrons,

We have recently discovered a great way to earn extra money for our pool simply by grocery shopping. PCC Natural Markets and Ballard Market give back 1% of the pre-tax amount that we spend on our groceries! The more we spend at PCC & Ballard Market, the larger the donation to our organization.

Here's how it works:

Every time you shop at the Ballard Market or PCC stores please save your receipts. The next time you visit the Ballard Pool please turn them into the white mail box located in our lobby. The Ballard Pool will total them, subtract the sales tax, and then submit them to PCC & Ballard Market. Then we get a check for 1% of the total pre-tax dollars spent! It's that simple!

If we have wide-spread support for this program, we can raise a lot of money for new swim equipment. Thanks for your support.

Back to School Swim

Friday, September 12, 2003 6:30 - 8:00pm

All kids swim free!

Rental Info

Come rent Ballard Pool for your next party!

Fun, Fun, in your own private setting. Have all your friends enjoy the rope swing, slide, spa - and rent the lobby to continue the party!! Private rentals of the Ballard Pool are available on Saturdays.

Call (206) 684-4094 to request your party date.

(Ballard Pool will be unavailable for rentals on the following dates: 9/6, 9/20, 10/18, 11/15, 11/29, 12/20, 2003)

